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October 30, 1998

Office of Special Nutritionals
HFS-450 Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
200 C St.SW
Washington DC 20204

Statement of Nutritional Support- **KAVA KAVA EXTRACT**
Pursuant to 21 CFR Part 101.93, American Specialty Health &
Wellness (ASHW) files the following Statement of Nutritional
Support for the Dietary Supplement marketed as:**KAVA KAVA EXTRACT**

1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr.
Ste. 250, San Diego CA 92108

2) Text of Nutritional Support Statement being Made:
"Kava Kava is a Polynesian herb that is used for its non-
addictive relaxing and calming effect."

3) Name of dietary ingredient(s): See Attached Product Label

4) Brand Name: **KAVA KAVA EXTRACT**

5) Substantiation information on file at the company office. The
corporate officer who can certify same is Dr. Doug Metz, Vice
President.

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz
Vice President

97S-0162

LET 2473

Kava Kava Extract

Description:

Kava Kava is a Polynesian herb that is used for its relaxing and calming effect.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

Caution/Warning: As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician. Not for use for endogenous depression. Do not mix with alcohol, barbiturates, antidepressants or other medications. Some states will prosecute individuals for using kava kava in connection with the operation of a motor vehicle or equipment as driving/operating under the influence of an intoxicating substance or driving/operating with ability impaired. This product can make you drowsy and induce sleep and relaxation. Do not drive or operate a motor vehicle or machinery while taking kava kava.

Note: This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™
PO BOX 509040, SAN DIEGO, CA 92150-9040

KAVA KAVA EXTRACT DIETARY SUPPLEMENT

60 CAPSULES

Premium Products for Your Health & Wellness™

Supplement Facts

Serving Size: 2 Capsules – Servings Per Container: 30

Amount Per Serving		% Daily Value
Kava kava extract (Piper methysticum root, std 30% kavanolactones)	300mg	*

Other Ingredients: Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide.

*Daily Value not established

Kava Kava Extract is free of wheat, corn, dairy, sucrose, starch, salt and yeast.

Directions For Use: Take 2 capsules, 1 time per day.

Storage: Keep tightly closed in a cool, dry place.